

**Queen Mary's College (A)**  
**Chennai – 600 004.**

**International Yoga Day Report - 2022**

**21.06.2022**

The International yoga day was celebrated in our college and it was organised by the Department of Physical Education, Health Education and Sports on 21.06.2022 Tuesday at 11.00 a.m. at Golden Jubilee Hall. Dr.E.Uma, H.O.D. of Dept. of Physical Education, Health Education and Sports, delivered the welcome address. Our college Principal Dr. B. Uma Maheshwari madam delivered the Presidential address and the programme was inaugurated by the Chief Guest Mr. Ilanchezhiyan, the Director of Identity of Academy of Yoga Science and delivered speech about the benefits of yoga, meditation and food habits.

The practical session was handled by Yoga Sironmani Dr. H. Balachandar and various yoga postures was demonstrated and practiced in this session. Nearly 50 students were benefited through this programme.

The programme was concluded with vote of thanks by B. Vishali the student of Dept. of Physical Education, Health Education and Sports, and ended with national anthem.

**PRINCIPAL**



International Yoga Day Programme on 21.06.2022,  
Principal Dr. B. Uma Maheshwari delivered the Presidential address.



Felicitates the Chief Guest Mr. Ilanchezhiyan by our Principal Dr. B. Uma Maheshwari.



Felicitates the Yoga Master Mr. Baalachandar by our Principal Dr. B. Uma Maheshwari.



Chief Guest Mr. Ilanchezhiyan the Director of Identity of Academy of Yoga Science delivered speech about the benefits of yoga.



Special Invitee Yoga Sironmani - Dr. H. Balachandar delivered speech about the meditation and food habits.



Group photo with Chief Guest, Principal, Tutors, Coaches, Trainers and Students.



Yoga Session conducted by. Yoga Sironmani - Dr. H. Balachandar



Yoga Session Practice by our students